



VOL.XXXIV. NO 8

BROADMEAD, COCKEYSVILLE, MD

April, 2013

Broadmead Resident Starved for World War II Experiment

Conscientious Objector at University of Minnesota

By Sally Bloomer

How would you like to exist on a two-meal-a-day diet of potatoes, cabbage, rutabagas, turnips and black bread for six months?

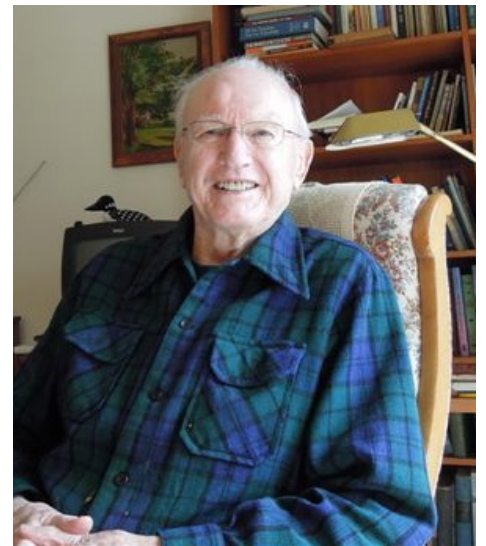
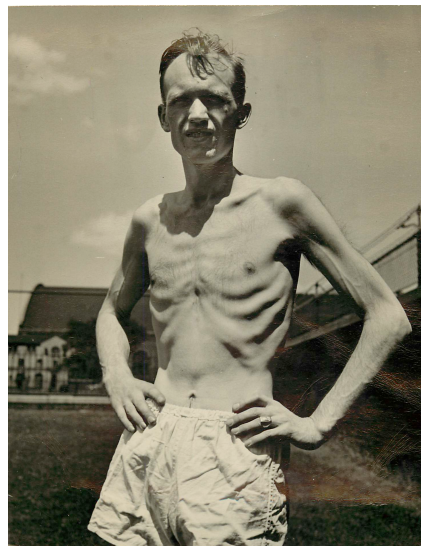
Resident Marshall Sutton, one of 36 conscientious objectors of selective-service-draft age, did just that.

They were scientifically starved in experiments at the University of Minnesota where they ate nothing but the same kind of food that would prevail in war torn Europe during the Allied occupation.

The experiment began in November, 1944. The men, who had responded to a brochure which asked *Will You Starve That They Be Better Fed?*, were housed in the stadium at the University. The war was coming to a close and the Allied troops would encounter starving emaciated civilians. Little was known about human starvation and how to deal with re-feeding such victims.

At Top.....

Flowers in Broadmead's green house await the warm weather and their emancipation into cluster gardens. Photo by Bob Davies



Marshall Sutton, then and now

The men from what was known as the Civilian Public Service were Quakers, Mennonites and members of the Church of the Brethren. All of these groups financially supported the project as did the University and the government Office of Scientific Research and Development.

During the starvation period of five-and-a-half months they were allowed 1600 calories. Then they were gradually fed back to an average of 3200 calories.

We can learn from Marshall's 1945 diary about his experiences during the study.

February 12: *Restricted diet begins. Two meals a day, morning and evening. Weight was 166 lbs.*

Continued on page 3

Early Spring

By Carolyn Underwood

Stay not in your small apartment
in early spring.

Out to be in the view of trees about to
bloom -
breathing the fresh air (and pollen),
relearning where nature cares for us -
massaging our being with its
birthing life - observe it - love it and it will
bless
you in all your ways and with all its ways.

The sights, the sounds, the smells,
birdsong - all repair the darkness and cold
of winter.
How welcome the sounds of bird call, the
smell of daffodils
that delight all our senses.

EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want no article to run to more than one page, no copy may exceed 600 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

BROADMEAD WELCOMES

By Nancy Allchin and Natalie Bellows

Ruth (Thompson) Goen

J-4; 443-578-8374; February 2013

Ruth grew up in a small community in northeast Ohio where everyone knew everyone else. An adventurous spirit, she wanted to see the world so she moved to California where she took a three-year nursing course in San Jose. She continued



her studies at the University of Washington where she met her husband. They had a daughter who now lives in the Washington D.C. area and is the reason for Ruth's moving to the east coast. She has lived in Germany and on Puget Sound.

Her R.N. degree led her to work in various university clinics. She is particularly proud of developing an innovative health education program for diabetics. She has directed disaster rescue programs for the Red Cross.

Ruth has many interests, art and music among them. With her family she has enjoyed backpacking and skiing. She is interested in geology and belongs to several mineral clubs. In fact it was a Quaker friend in one of these groups who suggested Broadmead to her.

Open Forum

Thursday, April 4

7 p.m. Auditorium

**Your chance to grill Scott Shane
of the New York Times**

Scott is an investigative reporter covering national security. He has written extensively about torture, the anthrax investigation, the use of drones and the CIA. He recently appeared on the PBS News Hour in regard to the Brennan CIA confirmation.

Starvation....Continued from Page One

February 18: *End of first week of restricted diet. Weight was 162 1/2. Temperature down to 13 below. Continued reading from Huxley's book.*

February 20: *Howard and I explored a book store in downtown Minneapolis. Weight 162 1/2.*

February 23: *My eyes have begun to ache more than usual. I have felt more tired particularly in the morning.*

March 1: *Snowed all day. Cold. Weight 154 1/2.*

March 6: *Bread ration cut from 6 slices to 2. Six mile walk. Visit to book store where I found some interesting copies of Whittier's poems. Weight was 153 3/4*

Marshall kept busy. He studied French and Child Psychology at the University and did volunteer work at St Mary's Hospital. He explored museums and bookstores and had long conversations with friends including the late Sam Legg, a former Broadmead resident who was one of the 36. They often studied in the library. At the Basilica of St Mary's he saw "an excellent display of Winslow Homer."

Oddly enough Marshall's entries often mention "barbering." He became an excellent barber, he said.

Fast forward to July 29: *Last day of semi starvation diet. We lingered over dinner. Weight was 125 lbs.*

July 31: *Three meals (the three was circled) today. One can almost feel the change, in body first and then the mind. Weight 124 1/2. Three hours of barbering. Breakfast begins at 7:30 now.*

Recovery continued slowly. During this period he often complained about feeling tired and worn down. For many, the rehabilitation period proved the most difficult. Many lost more weight after being supplied more food.

On October 19 his weight was 130 1/2 and he received notice of his release. On October 24 he was heading for Chicago and then home to Clintondale, NY.

After their return home the men knew they still were not back to normal. They were warned not to overeat. The findings of the study were that no successful rehabilitation can take place on a

diet of 2,000 calories a day. The proper level is more like 4,000 for several months.

After the Minnesota experiment many of the participants continued to follow their convictions about peace, including Marshall who started teaching at the Oakwood Friends School in Poughkeepsie, New York. Later, after marrying Virginia Rice at Oakwood, they both went with the American Friends Service Committee to feed refugees in Gaza. He spent most of his career working on or leading Quaker projects in the United States.

For more information about the experiment consult *The Great Starvation Experiment* by Todd Tucker, written in 2006.

Broadmead Potters Create Bowls for Charity Event



Again this year Broadmead's Ceramics Class crafted soup bowls for the Empty Bowls fund-raising event held at the Fairgrounds by St. Vincent de Paul of Baltimore which provides food and other services for the needy. Donated bowls, filled with soup, were sold at lunch and dinner events. Making bowls were Joye Jennings, Sally Crosby, Gwen Marable, Flo Platt, Sue Carnell, Associate Members Christine Chambreau and Carolyn Walters plus instructor Margaret Fowler. The Broadmead group donated 40 bowls.

**Wear Name Tags
April 1, 2 and 3**

Hopkins Professor Looks at Castro's Cuba

By Robert Forster

Fidel Castro has been virtual dictator of Cuba for 54 years, since 1959. How has this long rule been possible? What were the origins of this regime? And what is the balance-sheet of success or failure for the Cuban people?

Franklin Knight, professor of Latin-American history at Johns Hopkins University, addressed these questions at a recent Open Forum here. He has visited Cuba over 70 times since



Castro came to power and has written several books on Caribbean history.

Knight places the Cuban Revolution of 1959 among the major social revolutions in world history. It made fundamental changes in the social and economic structure of Cuba, closer to the Russian and Chinese revolutions than to ours or the Mexican revolution of 1912.

But the many beneficial changes in public health, education, and redistribution of property were offset by an oppressive police state and near international isolation, he said. Knight claims the Castro governing elite (including his brother, Raoul, and the highly theatrical Che Guevara) was totally inexperienced in governance and relied on an expansive patriotic rhetoric and military adventures in Latin America and Africa that could not deliver the basic material necessities.

True, the US embargo on Cuban "socialism" did not help Castro economically, but it did help him build a national myth.

He relied on Cuban nationalism to defeat the US-sponsored abortive invasion of Cuba, a military victory that sustained his rule for a time.

Castro's economic policies were disastrous. He decided to increase sugar production at the expense of other agricultural and industrial needs and over-production eventually undermined the world market for cane sugar.

The Soviet Union sustained Cuba for about 20 years after the Missile Crisis of 1962 by buying the entire Cuban sugar harvest at high prices. The artificial support ended when the Soviet Union collapsed in 1989.

Again the Cuban consumer paid the price, he said.

Knight's frequent visits to Cuba have clearly given him an appreciation of average Cubans, whom he praised for their resilience and good humor under daily stress. But it seems clear that most Cubans hopefully await the demise of the Castro brothers, which appears likely in the near future. While Cubans do not look forward to the return of American sugar trusts, their attitude toward the US, he said, has become more favorable.

Multicultural Committee

(Joint BRA & Administration Program)

Monday, April 15

4 p.m. Auditorium

**"The Battle for America's Schools:
How the Children Won and Lost"**

(A 2004 MSNBC Documentary
on Farmville)

Thursday, April 18

7 p.m. Auditorium

**"Farmville's Uncompleted
Transition"**

Howard Smith and other Farmville
students bring the history
up to date.

(See Michener story page 12)



Showing off or drying out? Sunday Brunch? Whatever the purpose, Broadmead's turkey vultures swooped down from their usual perch just north of the Perimeter Road onto the field next to Cluster W and onto the "Lake Maybe" fence on Sunday morning March 10 where they were spied by Rhoda Dorsey who alerted photographer Bob Davies. Previously most of us had only seen them in their favorite trees near Hill House or in flight.

Attention Birders!

Weather permitting, spring bird walks will begin Saturday April 20 and continue through Saturdays May 18 or 25.

They will start at 8 a.m. at Lake Maybe and continue down by Western Run to seek the red-shouldered hawk's nest, and if lucky, hear the barred owl's eerie call.

Participants should wear sturdy shoes or boots and bring binoculars.

Leaders again this year are Anne Allen Dandy and Dot Gustafson.

BRA Health Care Committee Lecture

Tuesday, April 16

10:30 a.m. Auditorium

Stroke and Stroke Recovery

Presenter: Daniel Hanley, M.D.

Professor of Neurology
Johns Hopkins Hospital

Oops...

One More Thing About Turkey Vultures

A reader of the Voice learned from her 12-year-old granddaughter that our recent information about voiceless animals had it mostly wrong.

The young lady sent her grandmother three amazing videos. In the first, one sees and hears a baby giraffe screaming when examined by zoo keepers. One of these experts explains that adult giraffes just choose not to make sounds.

The second was of a young gecko lizard screeching when touched by a human finger. Explanation: it is hoping to scare a predator. Adult geckos seem to have given up that hope and keep silent.

The third video presents a turtle making a hoarse and grumpy *ooaahh* noise when in a tight spot.

No video about rabbits, but another resident who grew up on a farm knows that rabbits scream when they are dying.

As for our turkey vultures, someone reported that he had them perching on a woodpile on his property and that they *hissed* when humans came too close.

So there!

Elborg Forster

OPD Welcomes Manager Leslie Green



Story and photo by Penny Partlow

There's a new girl in town at Broadmead! Nurse Office Practice Manager Leslie Green is in the Out Patient Department where she oversees the staff and functions of that department. Her responsibilities include patient care, implementation of the EMR (electronic medical records), coordination of the OPD schedule and different processes within the department.

Leslie, who holds a B.S. in Nursing from Stevenson University, comes to Broadmead from the National Institute on Aging at Harbor Hospital. Her career there was in research nursing in which she coordinated drug studies, primarily on Alzheimers and dementia drugs, and conducted clinical drug trials before FDA approval. She was also involved with the Baltimore Longitudinal Study on Aging.

Leslie lives with her husband, Chris Green, a contractor in White Hall just up York Road. Her three children are hair stylist Caitlin, and sons, Dixon and Peter, who are students at Stevenson University. They share their home with two dogs, three cats and a herd of deer.

Her family enjoys outdoor activities, especially cycling, and Leslie hopes to cycle to work in the future. She is an avid cook, reader and gardener.

Religious History, Toy Trains Have Fascinated Retired Physician

By Ted Wilson

Dr. Park Espenschade was born in the University of Maryland Hospital in 1936, attended several schools as his family moved about, and earned a B.S. in Chemistry from George Washington University, before entering the Johns Hopkins School of Medicine.

Speaking to the Men's Saturday Social Hour, he said that upon graduation he was called to active duty and assigned to the First Marine Air Wing in Iwakuni, Japan. There he had the opportunity to visit some of Japan's most interesting attractions, experienced a devastating typhoon and the birth of his second child. A child of two American citizens, delivered at an American military base, was labeled "foreign born", which caused numerous problems until action by the U.S. Congress corrected it. After three years in Japan, Park was assigned as a physician to midshipmen at the Naval Academy, after which he returned to Baltimore and served an internship and residency in Internal Medicine at Union Memorial Hospital. He then joined a group practice in Westminster where he recalls diagnosing a case of malaria, an unusual finding in a small American town.

He eventually elected to pursue a solo practice and found himself drawn to geriatric patients and their special needs. He founded and directed a local hospice program, passed the Boards in Internal Medicine and Geriatrics and was elected a Fellow of the American Academy of Physicians.

After retiring in 1995 he took advantage of the local academic institutions, auditing a variety of courses at McDaniel College and earning all the necessary credits for a Master's degree in Religious History from Gettysburg Theological Seminary. He has enjoyed his hobby of toy trains, has become involved with attempting to protect endangered cheetahs and has leisure time to enjoy his family.

Hopkins Gynecologist Upbeat on AIDS Treatment for Women

By Elborg Forster

When the AIDS epidemic began in the early 1980s, Dr. Jean Anderson had just finished medical school. Having been trained as a gynecologist, she did not think at first that she would have to deal with this disease that almost exclusively affected gay men and was believed to be 100 per cent fatal.

Speaking at an early March Open Forum, Dr. Anderson said

medical research about the causes and the possible treatment of this disease then went into high gear, deeply involving her as soon as she came to Johns Hopkins. By 1993 the Human Immunodeficiency Virus (HIV) that causes AIDS had been detected, and it had also become apparent that about 25 percent of its victims were women, who were infected for the most part through sexual contact with HIV positive men.

From then on the story of AIDS/HIV research is one of notable successes, although human suffering remains great, both in this country and throughout the world, she said. Minorities and poor people are hardest hit everywhere, and much remains to be done to reduce the cost of treatment.

Dr. Anderson showed with graphs and charts the steps taken and the progress made to combat the spreading of the scourge. They range from the availability of a highly effective "cocktail" of drugs (AZT) to the development of screening tests and needle exchanges for drug-users. Of particular interest to a gynecologist-obstetrician like Dr. Anderson is the effort to prevent the transmission of the virus from mother to fetus, which takes place in



30 percent of cases without treatment, but has been reduced through the use of AZT to almost zero.

The bottom line is that in this country HIV/AIDS has become a chronic illness, with a life-expectancy of about 40 years after diagnosis if properly managed, she said.

Monday Book Group

Auditorium, Mondays 10:30 a.m.

- | | |
|-------------|---|
| May 6 | <i>The Art of Fielding</i>
by Chad Harbach |
| June 3 | <i>The Greater Journey</i>
by David McCullough |
| July 1 | <i>The Unlikely Pilgrimage of Harold Fry</i>
by Rachel Joyce |
| August 5 | <i>Wild</i>
by Cheryl Strayed |
| September 2 | <i>Flight Behavior</i>
by Barbara Kingsolver |
| October 7 | <i>Citizens of London, the Americans Who Stood with Britain in Its Darkest Hour</i>
by Lynne Olson |
| November 4 | <i>Sweet Tooth</i>
by Ian McEwan |
| December 2 | <i>The Round House</i>
by Louise Erdrich |

Books may be borrowed from the Bookmobile every other Friday.
Consult Broadmead schedule
Sally Bloomer



Let's Dance

Monday
April 8 - 7 p.m.
Lounge
Everyone Welcome

Broadmead Briefs...

Friends Circle is holding an Open House Monday April 1 in its new location, the space formerly occupied by the PNC Bank. **Sherri Michaud**, program director, and **Tracy Miese**, a registered nurse, are sharing oversight of the program which provides extra services needed by residents. All its staff is licensed, bonded and insured.

Broadmead has a new **Writers Group**, composed of **Hallowell** residents who meet monthly to compose three or four stories per session. Organized by Lifestyle Coordinator **Laurie Snyder**, the program resulted from Laurie's attendance at a seminar focusing on resident strengths. The group has decided that each story should begin with "Once Upon a Time...", to which each in turn would contribute one sentence. "The result is a wonderful collaborative effort," Laurie said.

Those bringing or sending an item to the **Woodshop** should be sure to put their name on the item. "We can't fix it if we don't know who it belongs to," Woodshop worker **Jonas Rappeport** said.

Plans for a reunion of graduates of Baltimore City's Eastern High School are progressing, said **Ruth Fleishman**, who may be reached at x8360. She said she would have a date and time of the luncheon in time for the May issue of *The Voice*.

Dot Gustafson of the Residents Association Building and Grounds Committee is urging residents to call **Keri Omopariola** in the Maintenance Department (x8022) to find out the age of their hot water heaters. The heaters are replaced at the time a unit changes hands if they are over five years old. Otherwise they should be replaced every 10 years.

Unless someone saw one earlier, **Trudi Shippenberger** appears to have produced the earliest daffodil again this year. It didn't look too happy when it emerged in mid-February, but we give it credit for courage.

An anecdote involving **Walter Dandy** is to appear with other contributions in a book celebrating the retirement of **Gary Vikan** after 27 years as head of the Walters Museum of Art.

According to wife **Anne Allen Dandy**, when Walter was asked to suggest a favorite piece of art he used in leading tours as a docent over two decades he said "the *Riddle*, because it challenged the youngsters."

The famous Ingres painting depicts Oedipus answering the monster Sphinx who had killed all those who had failed a quiz, Anne Allen said. The riddle was "what creature goes on four legs in the morning, two at noon and three at night?"

The answer: "Man. Man crawls on all four as a child, walks on two legs during his life and uses a cane in his old age."

The Broadmead Play Readers

There will be no Play Readers
production in April.
The May production will be

Weiner Blut

by Broadmead resident
John De Prine

Corner Cupboard

Monday, Tuesday, Thursday and Friday
10 a.m.-1:30 p.m. and 2:30 - 4:30 p.m.
Orders may be placed Monday thru Friday
between 10 a.m. - 4:30 p.m.
443-578-8075

Country Store

Monday to Friday
10 a.m. - 2 p.m.
Saturday: 11 a.m. - 1 p.m.

Fifteen Residents Participate in Writing Project with Baltimore's Friends School

Fifteen residents took part recently in the fifth annual Friends School biography project, sharing their life stories with an equal number of upperclassmen.

The students came to Broadmead for first and second interviews. Residents went to Friends for the third and final interview and to review a first draft of the biographies.

The completed biographies will be presented to each participant at a program scheduled for Wednesday, April 17, when a special dessert reception will be held in the lounge at 7 p.m. Family members of the students are invited to attend, as well as the participants and their guests.

Approximately 90 residents will have participated in the project with the school's Creative Nonfiction Writing Class once this round is complete.

Participating this time were Jonas Rappeport, Nancy Wait, Caroline Goldsmith, Park Espenschade, Ted Wilson, Carol McCord, Anne Lee, Harry Blumenthal, Kathryn Ward, Bea Post, Sally and Courtland Robinson, Ruth Shaw, Shirley Richards and Jo Ann Koehler.



Josh Kalin with Jonas Rappeport



Harry Blumenthal with Ezra Thompson



Anne Lee with Duncan Rutstein

MOVING AROUND BROADMEAD

	From	To
Frances Alden	N-7	H-206
Richard Dunlop	L-6	H-266
Merrell Hambleton	Q-6	H-251
Bea Post	H-12	T-332
Fan Whitman	M-13	T-312

Newly Arrived Resident

Alice Christensen R-8

In Memoriam

Maurice Langham

July 19, 1924 March 8, 2013

Sarah "Bobbie" Wolfe

August 17, 1912 March 15, 2013

Jane Swope

January 22, 1916 March 20, 2013

Deer Proofing?

Carol McCord Is Keeping a Master List

Several articles about deer-resistant plants have been circulated at Broadmead, said Carol McCord in answer to a *Voice* request for a list. Teaming up with fellow list maker Nancy Allchin, Carol has provided the following possibilities:

- * **Sunny perennials:** aster, bee balm, catmint, cone flower, creeping phlox, gloriosa daisy, hellebore, Joe pyeweed, rosemary, sage, thyme and yarrow.
- * **Shade perennials:** astilbe, columbine, bleeding heart, lily of the valley.
- * **Shrubs and trees:** bottle bush, butterfly bush, lilac, sheep's laurel, spirea, sumac, viburnum.
- * **Vines:** morning glory and wisteria and deer never eat ferns and daffodils, she said.

Carol notes, however, that although plants on the list are supposed to be deer-resistant, in some cases they will be eaten anyway.

"Could be a rabbit. Or a very irresistible cone flower becomes a victim. And something ate ALL my red yarrow blooms before they'd been in the ground for 24 hours," she said.

Carol also provided some information about a New England cousin of our mountain laurel, known as sheep's laurel or *kalmia augustifolia*, which grows around her New Hampshire cottage.

It grows five-to-six feet tall, is a hardy native and has an exceptionally long blooming season, beginning in mid-June. In the wild it is found in several colors. Hers are a deep rose red, she said. "Deer do not go near them. They are poisonous to sheep hence the common name. They are also known as 'lamb kill'".

She adds that she has never seen sheep's laurel this far south, but in high rocky terrain they are probably seen as far as the southern Appalachians.

Hanford Talks on Towson Plans

By Rhoda Dorsey

Nancy Hanford, executive director of the Towson Chamber of Commerce, spoke to a March Open Forum about the "Transformation of Towson". Slides showed the remarkable



growth of commercial properties and roads. The residential properties in particular have led to increased activities within the core itself.

Nancy described pre-Christmas parties with the resurrected Scarlett and Beau from Hutzler's and a greatly expanded Towsontown Fair coming this spring. There were many comments from the

audience whose memories of Towson contrasted sharply with today's pattern of activity there.

Saturday Night Performances

7 p.m. Auditorium

April 13

Deciduous Trees at Broadmead

Mary Frances Wagley

Broadmead Resident

April 6, 20, 27 **Movies**, see page 19

BRA Concert Series

2 p.m. Auditorium

Sunday, April 14

Baltimore Choral Arts Society

Directed by Tom Hall

Sunday April 28

Joanna Marie Frankel,

Violin



Bird silhouettes had not yet been installed on two of the panels along the passageway into the Center when a flock of cedar waxwings crashed into the plastic and were killed. Since then more silhouettes have been added in the hope of better warning real birds. Photo by Bernie Anderson

Cedar Waxwings Killed in Crash

A flock of 18 cedar waxwings flew into the plastic windscreen on the passageway leading into the Center. The late February tragedy resulted in 13 birds dead and five stunned,

According to Bob Fetter, two residents heard the loud crash, and then turned the corner to witness the accident scene. "No staff was in evidence or ready to respond," he said, "but several residents came forward to help the five surviving waxwings on their way."

The next day three residents buried 10 of the deceased in "marked-with-a-stick" individual graves along Paw Paw Lane. The burial crew saved three of the birds with unusual markings to be taken to the Oregon Ridge Nature Center to be researched, (even though they were not carrying organ donor cards or instructions that they wished their bodies donated to the nearest state anatomy board), Fetter said.

He believes the survivors did not hit the clear plastic window, but instead collided with other birds which were bouncing back after their fatal impacts.

"This is a reminder of how our human presence and structures can affect other forms

of life," Fetter commented. He added "here we are--with everyone worrying about wind turbines proposed for Western Maryland killing bats and birds-- and our Broadmead windscreens are doing the same thing, just so we will have less ice accumulate on the sidewalks we use going to the Center."

Five Stars...

Broadmead Top Rated Again

A blurb in the *Baltimore Daily Record* of March 7 headlined "Broadmead One of Best Nursing Homes", has alerted us to the findings in the fifth and latest ratings appearing in *U.S. News and World Report*.

Broadmead received the highest possible overall rating in the survey which covered 15,000 nursing homes nationwide. The ratings are based on data from the Woodlawn-based Centers for Medicare and Medicaid services which assess nursing homes in three categories, health inspections, level of nurse staffing and quality of care, and gives an overall rating. Fewer than 20% of nursing homes received overall ratings of five stars.

Multicultural Committee to Bring Michener Student Here

Howard Smith, who lived with John and the late Ann Michener during the mid-century desegregation era, will be at Broadmead, Thursday, April 18, at 7 to talk about the problems he and other students faced in the Farmville, VA, schools.

In 1951 African American students at Morton High School in Farmville went on strike to protest the lack of a gymnasium, cafeteria or teachers' restrooms in their segregated school, as well as the lack of desks and blackboards. The U.S. District Court ordered that equal facilities be provided, but the students were not allowed to attend school with Farmville's white students during the equalization process.

The case, appealed to the U.S. Supreme Court by NAACP attorneys, was incorporated into the court's historic 1954 decision, *Brown vs. Board of Education*, banning all segregation in public schools.

In response Farmville closed its public schools, and set up all-white segregated academies. Black and poorer white students had to go to school elsewhere or forgo their education altogether.

In 1960 the American Friends Service Committee (AFSC), a Quaker organization,

decided something had to be done before older African American students, who had been out of school since the 1951 strike, were lost from further education.

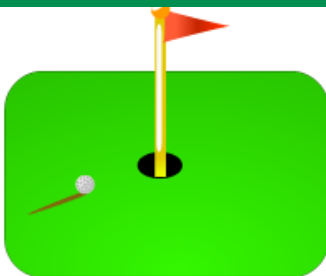
Consequently the AFSC placed many of these students in private homes to attend schools across the United States.

Under the leadership of Marjorie Scott, now also a resident of Broadmead, funds were raised by Stony Run Friends Meeting for the expenses involved, including Howard's out-of-state tuition, and he was placed in the Micheners' Baltimore home.

In 2004, the 50th anniversary of *Brown vs. Board of Education*, MSNBC released a documentary entitled "The Battle for America's Schools: How the Children Won and Lost."

Howard was one of the students featured in this documentary, which will be shown in the auditorium at 4 p.m., Monday, April 15, as a prelude to the Thursday program in the auditorium three days later. Howard and other students involved will talk about their experiences in Farmville and the town's current racial attitudes.

Incidentally, the "Three State Search for the Micheners", related in the January *Voice*, was set off after Jane and John stopped overnight in Richmond, VA, to discuss these two programs with Howard and his wife.



Putting for a Purpose

Friday, April 26 1:30 p.m.
Center Main Level and Taylor
(Nine Holes of Golf)

No golfing skills required - putters and balls supplied
\$25 Registration Fee - Call Deborah Kopper (443-578-8044)
Proceeds used to purchase Fountain and Aerator for Lake Maybe

Celebration afterwards with prizes, food and beverages - Arbor Cafe

Spectators Welcome

Philip Schnering Memorial Concert...

.....a Festival of Color and Music



Schnering Family Photo by Wendy Schnering Meehan

By Carol McCord

The Handel choir of Baltimore came to Broadmead on Sunday, March 10, to give a concert in memory of Philip Schnering and sang to a packed house.

Phil, who died December 26, had been a resident of Broadmead for 17 years, serving as chair of the Music Committee.

Family and friends contributed to make it happen, filling every table and corner with colorful spring flowers, food and drink in celebration not only of Phil's life but of the birthday of Ruth, Phil's wife. Ruth is shown in the center of the photograph holding a collage poster their daughter Wendy made of Phil's life.

Schnering daughter Sally Hutchins spoke a few words of welcome, of her father's love of music as well as of the arts, crafts and science.

Conducted by Melinda O'Neal, the concert opened with folk songs from many cultures, and continued with the last three movements of Brahms *Requiem*.

The choir closed with the *Navy Hymn* in tribute to Phil's years in the United States Navy during World War II.

Included in the picture above are 23 family members, children, grandchildren and great grandchildren.



Let's Sing

Monday, April 15
7 p.m. Lounge
Jonathan Jensen, piano

Activities Cancelled, Meals at Home and Misery Mark Arrival of the "Bug"



Dining Area Blockade

By Marcia Reinke

The Voice would like to tell you who took sick and when, but the Outpatient Department was too busy with patients to provide us with details as we approached deadline.

The Voice staff, moreover, with the exception **so far** of this writer, has not been immune to the nasty gastro-intestinal retrovirus which initially hit the second and third floors in the Center, and then spread to the clusters. It appears that everyone who works in the computer area which we call "the cave" has been sick except for Treasurer Nancy Henley and me.

We do know that "the bug" is brief but vicious. We know that a lot of programs we announced in the last issue didn't take place and that there may be changes in some of the future activities due not only to 'bug' closures and reschedulings but to the repairs now underway in the auditorium.

So we'll try to get back to you on this next month.

The Wayne Schaumburg program on "Baltimore in the Best of Times and the Worst of Times", cancelled by the "non-storm", the "bug" and auditorium renovations, has been rescheduled for Wednesday, May 29.

Turned Away from Sotomayor, Sally Has a Story Anyway

By Sally Bloomer

With keen anticipation we headed for Baltimore's Pratt Library for a talk by Sonia Sotomayor, the Supreme Court associate justice whose book *My Beloved World* was on the *New York Times* best seller list. She has caught the attention of the public because of her book, in which she recalls growing up in the Bronx, attending Princeton and Yale Law School and becoming the first Hispanic American to sit on the Supreme Court.

Although we had enjoyed her TV and radio interviews, seeing her in person motivated us to make the trip. But four blocks from the Pratt we saw the line, blocks and blocks of people standing patiently in line.

Go home? No, indeed! We parked the car and ran to the end of the line. It was a friendly and very mixed line. Lots of conversation.

We heard from one mother about the virtues of walking to school every day which she did for years in her youth. Not so her daughter who complains about walking a block.

The line would stand awhile and then move. A conversation ensued about the Voters' Rights Act. During the hearings, someone in the line said, Judge Scalia suggested that the original bill had passed by such a large (98-1) margin because the Congressmen were afraid to vote against a bill entitled *Voters Rights*. Interrupting, Judge Sotomayor said "I would not presume to question anyone's motives." Such frankness helps to explain the enthusiasm of those standing in line.

Suddenly there was increased activity up ahead. Alas, the activity was backward, people dropping out, and turning away from the Pratt.

Full house. No more admitted.

We continued aimlessly forward until we reached a big window where there was a huge well lighted picture of the Justice. Standing there admiring it, we spotted two young people with cameras in hand.

What else to do when you are turned away? If you can't see her in person, take a picture of a picture, of course.

MaCCRA Lobbies in Annapolis

Seven Broadmead residents joined with representatives from other Continuing Care Retirement Communities statewide for a mid-March lobbying trip to Annapolis to meet with our senators and delegates on legislation pertaining to finances, actuarial studies and transparency of provider operations.

The Maryland Continuing Care Residents Association (MaCCRA) has no bills before the General Assembly this year, but plans to propose several matters in 2014.

"It's important to keep our issues before our representatives," Barbara Brocato, MaCCRA's lobbyist said.

Attending from Broadmead were Jonas Rappeport, president of MaCCRA statewide; Alma Smith, statewide secretary; Phyllis Erickson, Gladys DeGraffenreidt, Elborg Forster, Dorothy Sinclair and Marcia Reinke.

Dorothy was recognized from the floor by her grandson, Delegate Luke Clippinger, who represents part of Baltimore City. Our representative Delegate Wade Kach was among those greeting the delegation.

Broadmead provided bus transportation also for Blakehurst and Mercy Ridge.

Late Notice: The MaCCRA annual meeting will be held at Collington Episcopal Life Care Community on Saturday May 4.



Programs have been canceled, the newly reupholstered chairs have been covered or moved, ladders are up and workmen have arrived to spruce up the auditorium. Renovations are expected to be complete the first week in April.

Photo by Bernie Anderson

Query....

Is It Ethical to Cheat on Your Own "To-Do" List?

By Elborg Forster

I have made "to do" lists for many years, and they looked something like this:

*call the plumber about the leak
meet Janet for lunch
proofread the article
get birthday present for Ethan
wash the curtains
plant bulbs
pick up the dry cleaning
get in touch with Mrs. XYZ
complain to BG&E
make an outline for the next article
decide what to write about
get tickets to Choral Arts concert
make appointment for haircut
birthday card to Jean
letter to Gisela*

This list was obviously made by a woman. Notice the need for multi-tasking and the disparate character of the tasks.

When we moved to a retirement community, I hoped "to-do" lists would become a thing of the past, but a look at the above makes it clear that few of the items mentioned have become obsolete.

Not long ago I talked with some fellow residents about this technique for achieving better control over one's life, and many agreed that it was helpful.

We then discussed what to do if some of the items are not checked off at the end of the day.

Most said that they put them on the next day's list and drag them along for days and weeks.

But one strong-minded character said that if it wasn't done, that was tough, and the matter was closed.

Finally I confessed that I often include in the list things I have already done, just to lengthen the list and make me feel more efficient. Some of my interlocutors thought that this was funny, but a couple of others admitted to doing the same thing.

One said she added things like "look at the mail" and "feed the dog" which she does, list or no list, every day just so she can cross them off.

It occurs to me that this trick is used by people who know how to take care of their own egos, and if this involves a little bit of innocent cheating, so be it!

Hopkins Chaplain and New Resident Clyde Shallenberger Featured at Saturday Talk

By Ted Wilson

Clyde Shallenberger, who created the first chaplaincy at the Johns Hopkins Hospital, spoke recently to the Men's Saturday Social Hour about his 30 years in the post from which he retired in 1993.

Born in Uniontown, PA, Clyde loved model airplanes and, wanting to fly, he applied and was accepted at the U. S. Naval Academy, only to be turned down when he was found to have a color-blind eye. Deeply depressed he spent the summer after high school working in an ice cream factory, pondering what he would do with his life.

Deciding to study for the Christian ministry, he entered a college near his home town. While there he helped a group of "seagoing cowboys" take heifers by ship to war torn Europe to help farmers recover from the war. He also accepted a temporary student pastorate at a church in Reading, PA, and worked with the Reading Council of Churches where he met a "lovely secretary" who in 1950 would become his wife.

After receiving his B.A., Clyde and his bride Helen moved to Chicago where he studied for three years at Bethany Seminary. After graduation and ordination, he accepted a position as pastor of a church in Hopewell, VA. While there, he also served as a part-time chaplain at a local reformatory, a ministry he found challenging as, when prisoners were released, there was no further contact.

Called next to Trinity Church in Roland Park, he joined in ecumenical work with other ministers, and took courses in Education and Psychology at Johns Hopkins.

It was while serving at Trinity that he was asked by Dr. Russell Nelson, president of Johns Hopkins Hospital, to create the hospital's first chaplaincy.

Clyde described his work as both challenging and stimulating, noting that the situations he encountered could be both humorous and sad.

He was invited to attend rounds in the ICU and on the Transplant Service and to deal with problems facing the nursing service plus the hospital in general. He helped develop an Ethics Committee and he established an Institute to help clergy understand the problems of hospital patients and the doctors caring for them. At the last meeting before Clyde retired there were some 700 clergy attending the session.

When he retired in 1993, Clyde and Helen had the leisure to enjoy travel and their family, but he has remained involved with people needing marital counseling and therapy.

Bob and Rhoda Show returns... Spanish and English America, 1500-1800, to Be Explored

Two of Broadmead's professors of history, one from Johns Hopkins, and one a former

president of Goucher, will again be featured in the spring Adventures in Learning series, beginning Wednesday, April 17.

Last year in a four-lecture series the

duo compared and contrasted the goings on in 19th century England and France. This time they will look at *Spain and England in the Americas, 1500 - 1800*.

The program is as follows:

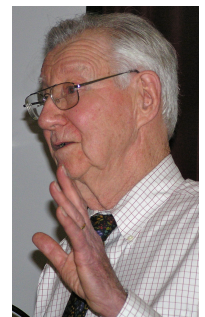
April 17 - The Homelands: Rise and Decline of Spain; Constitutional Crisis in England.

April 24 - Encounter: The Challenge of Geography, Resources and Population.

May 1 - Settlement 1: The Spanish Case (Forster)

May 8 - Settlement 2: The British Case (Dorsey)

May 15 - Toward Independence



Wilson Explains Body's Water Management System

(By Ted Wilson, M.D. from a talk entitled "Riding the Renal Rapids" which he presented at a recent Health Care Committee lecture.)

Late 18th century physiologist Claude Bernard wrote that primitive single-cell organisms lived in a stew that allowed nutrients to enter and waste to leave via a permeable membrane. But when new forms of life moved on land, they developed a skin to hold their moist interior inside.

Every cell in our bodies is surrounded by extracellular fluid that is in balance with fluid inside the cells. So we need a water management system.

Thirst tells us we need liquids. Some fluids escape through our lungs as moist breath and through our skin as sweat. But the major fluid loss is urine and this leads us to the kidneys, our internal water-management system.

With rare exceptions we are born with two kidneys, which lie deep in the body on either side of the vertebral column, protected by ribs, muscle and a layer of fat. They cannot be felt on physical examination. Blood is supplied by a renal artery and leaves by renal veins. Each has a single narrow tube called a ureter leading from the kidney to the bladder. The working part of the kidney, which is about the size of a fist, is called the cortex which covers a urine-collecting and filtering system. The kidneys filter about 200 quarts of blood every day, producing about two quarts of urine daily. When urine is tested there should be no sugar or proteins in it, nor blood or white cells.

Many problems affect the kidneys, including infections, which may arise from the blood stream; damage to the filtering system from diabetes or high blood pressure; poisons, some medications or trauma. At birth some kidneys have cysts that displace functional tissue. Cancers may occur in childhood or adult life.

Kidney stones are a common problem as a stone migrating down a ureter causes severe pain. Most will pass spontaneously but some need to be extracted surgically. Keeping well-hydrated is the key to preventing stones.

When one kidney needs to be removed, the other generally suffices. When both fail, the first resort is dialysis, with renal transplantation as an eventual possibility. Since the first successful transplant in 1954, numerous transplants have been done successfully if there is a good match from a donor.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.

Stony Run Board Room

Inter-Faith Vespers

3rd Sunday every month

4:30 p.m. Main Lounge

April 21 - Sr. Robin Stratton
Carmelite Sisters of Baltimore

Bible Study

Tuesdays at 10 a.m.

Fireplace Room

(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

1st Wednesday every month

10:30 a.m. Holly Terrace

(sponsored by Sherwood Episcopal Church)

Catholic Mass

2nd Wednesday every month

10 a.m. Holly Terrace

(sponsored by St. Francis Xavier Church)

The Gathering

Faith Related Topics

4th Wednesday every month

10:30 a.m. Auditorium

(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial Park
Avenue Presbyterian Church)

Trips Committee Plans Three Outings: the National Gallery, Antietam and Winterthur



The Trips Committee has announced plans for three outings: to the National Gallery of Art, to Winterthur and to Antietam. Sign-up sheets for all three are on the bulletin board.

The first, Tuesday April 16, will be to the National Gallery where there are two special exhibits, "Albert Durer: Master Drawings, Watercolors and Prints from the Albertina Museum in Vienna"; and "Pre-Raphaelites: Victorian Art and Design, 1848-1900." The bus will depart from the lower level at 9 a.m., returning at 5:30 p.m. Lunch on your own. Cost of transportation is \$10. Checks made out to the BRA to Joan McShane, C22, by April 1.

Winterthur, the magnificent former home of Henry Francis DuPont, will be toured Thursday, May 16. A tram will drive participants around the spring gardens. After lunch on your own in the Visitors Center, a guide will show the period rooms' collection of world-renowned American decorative arts. The bus will leave at 9 a.m. Checks for \$28, made out to the BRA, to Helen Davis, B7, by May 2.

The Antietam trip is Wednesday, June 19, and will follow the historic and scenic route taken during Robert E. Lee's September, 1862, Maryland campaign. Following a movie at the Visitor's Center, an included lunch will be at the well-known Bavarian Inn just a few minutes away in Shepherdstown, WVA. On returning to Antietam, a guide will join us for a two-hour drive along the historic trail. The bus may be exited for three historic sites.

The bus will depart at 9 a.m. Return is expected at 5:30 p.m. A check to Judith Hundertmark for \$47.

Transportation Regulatory Coordinator Has Enjoyed a Volunteering Retirement

By Ted Wilson

Whether it's the Nearly New Sale at the Greater Baltimore Medical Center, maintaining trails or rescuing golden retrievers, Rhett Murphy has remained fully occupied since his retirement some 15 years ago.

Speaking to a March meeting of the Men's Saturday Social Hour, Rhett said he was born in Mineola, NY, in 1938, graduated from Exeter Academy in 1955 and studied at Princeton for two years before joining the Marine Corps. Following boot camp, where he was trained as a radio telegraph operator, he was assigned to duty with the First Amtrac Battalion, Third Marine Division, with which he participated in maneuvers in Borneo and Korea, and visited Japan on leave.

Returning to the United States in 1960, he was employed by a New York City bank and subsequently moved to Denver and then to Maryland. While working in Baltimore he entered Loyola's night school college program, graduating in 1971 with a B.S. in Economics.

For 10 years he worked with a private trash removal company before taking a position with the Maryland Department of Transportation as Departmental Regulations Coordinator, which involved regulatory oversight of the automotive, bus, rail, highway, port and aviation systems. He remained in this work until retiring in 1998.

The door then opened for a variety of volunteer activities. He has worked with the Nearly New Sale for 11 years, and has joined in maintaining trails in the Gunpowder State Park, the NCR trail and the Soldier's Delight State Park. He has worked with two golden retriever rescue groups.

He and wife Carolyn each brought two children into what he described as "one very happy" family. Their home, before moving to Broadmead with their two golden retrievers, was in Sparks.



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by Sita Smith
and Peggy Patterson

Saturday movies by Jeanne Stephenson

Saturday, April 6 The Yearling (Gregory Peck, Jane Wyman, Chill Wills)

After the Civil War, the Baxter family struggles to eke out an existence. All the children except 11-year-old Jody have died, leaving Ma (Jane Wyman) embittered, Jody lonely and Penny (Gregory Peck) working hard. Jody befriends an orphaned fawn, but as the family grows, it continually breaks into the small garden that is the family's source of food and money.

1946 G 128 minutes

Tuesday, April 9 The Words (Bradley Cooper, Dennis Quaid, Jeremy Irons)

After finding a brilliant unpublished book in an old briefcase, wannabe-writer Rory Jansen decides to claim it his work. But his choice sets events in motion that have him facing an ethical quandary he could never have expected.

2012 PG-13 97 minutes

Tuesday, April 16 Searching for Sugarman

(Documentary) The incredible true story of Rodriguez, the greatest '70s rock icon who never was. Decades after Detroit singer-songwriter Rodriguez disappeared following the failure of his two critically praised records two fans from South Africa, where Rodriguez was a huge hit, try to track their idol.

2012 PG-13 86 minutes

Saturday, April 20 Grand Hotel (Greta Garbo, John Barrymore, Joan Crawford)

At this fabulous place in Berlin where "nothing ever happens", a ballerina finds happiness with a baron's love, a business magnate pursues a beautiful and coy stenographer, and a sick man searches for his last hurrah.

1932 NR 112 minutes

Tuesday, April 23 Arbitrage (Tim Roth, Richard Gere, Susan Sarandon,)

As billionaire Robert Miller struggles to divest his empire before his fraud is brought to light, fate takes a turn. Now desperate and running out of options, Miller turns to an unlikely source for help.

2012 R 107 minutes

Saturday, April 27 84 Charing Cross Road (Anne Bancroft, Anthony Hopkins, Judy Dench)

When feisty New York City writer Helene Hanff (Bancroft) mails a note to a small London bookshop asking for some rare English classics, reserved bookseller Frank Doel (Hopkins) answers her request, beginning a touching and humorous correspondence.

1986 PG 99 minutes

Tuesday, April 30 The Syrian Bride (Hiam Abbass, Makram and Clara Khoury)

In the Golan Heights on the Israeli-Syrian border, the Druze bride Mona is engaged to marry Tallel, a television comedian who works in Syria. They have never met, and when Mona moves to Syria, she will lose her nationality and will never be allowed to return home. When the family gathers for the wedding an insane bureaucracy jeopardizes the ceremony.

2004 NR 97 minutes

Opera Video

Friday, April 19, 7 p.m. Fireplace Room

Der Rosenkavalier

Acts 1 and 2

Opera by Richard Strauss

Computer Assistance Coming



Effective sometime in April residents will be able to get assistance with their computer problems from a Goucher student who has agreed to be available as needed. Details of the arrangement will be posted.

Query

If pro is the opposite of con,
is Progress the opposite of Congress?

VOICE OF THE RESIDENTS

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Broadmead Barn Sale

13801 YORK ROAD, COCKEYSVILLE, MD

Friday, April 12

7:30 a.m. to 8:30 a.m.
*Employees, Trustees
and Residents only*

8:30 a.m. - 2:30 p.m.
Open to All

Saturday, April 13

9 a.m. to 12:30 p.m.
Open to All



Best Prices in Town for:

Appliances	Lamps	Clothing	China	Glassware	Furniture
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